Target Instructions

(The following 9 targets can be used in many different ways, both with a pistol and rifle. We'll share how Myles used them to rapidly improve his pistol skills.)

Page 3: 1-inch Circle Targets
Use to improve your accuracy, precision, and trigger control. Work towards landing all shots with no misses; then work up to two shots per circle with no misses. Start at 4-yards. This is a slow fire drill.

Page 4: 6-inch Circle Target
This is a rapid-fire, recoil management drill. Start at 5-yards. From compressed ready, try to land 6-shots on target within 2 seconds. If you're successful, increase the distance and/or decrease the par time.

Page 5: Throttle Control Target
This target introduces you to change the speed of your shots, a.k.a. throttle control. Shoot at least 3 shots in the 6-inch circle as fast as you can be accurate, then immediately change gears to shooting at least 1-shot in both of the 2-inch circles. You will notice that you must slow down when shooting the smaller circles. Shoot this from a distance of 4-yards to start. You can also shoot the small circles first then the 6-inch circle.

Page 6: 1-2-3 Circle Target
The target allows you to work many skill sets due to the different-sized targets and the spread of the targets. A good start is to shoot all of the targets from top to bottom, or bottom to top. 1 shot for the 1-inch circle, 2-shots for the 2-inch circle, and 3-shots for the big circle. Start at 3-yards.

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Page 7: Controlled Pair
Starting at 4-yards, try to land two rapid-fire shots in each 2-inch circle with a set baseline par time. As you're able to land all of your shots, increase the distance and/or decrease your par time.

Page 8: Dot Torture Drill
This is a popular 50-round drill. Specific instructions are on the target sheet itself.

Page 9: USPSA Target (1/3 Scale)
A popular target used in competitive shooting. It is 1/3rd the size.

1/3 Scale: 1 Foot = 1 Yard
Example: Standing 10 feet from the target simulates a full-size target at 10 yards.

Page 10: Pyramid Target
Use random numbers from 1 to 5 in each block. You have to use all the numbers. Shoot the numbers in sequential order. So you shoot all the 1s first, then all the 2s, and so on. This forces you to track both horizontally and vertically, as well as think before you shoot.

Page 11: Diminishing Dot
Understand what different trigger manipulations work best for certain types of targets. The smaller the target, the more precise you need to be with your movements.

If you want to learn more drills to improve your shooting, don't forget to check out our YouTube Channel.

Subscribe here now!

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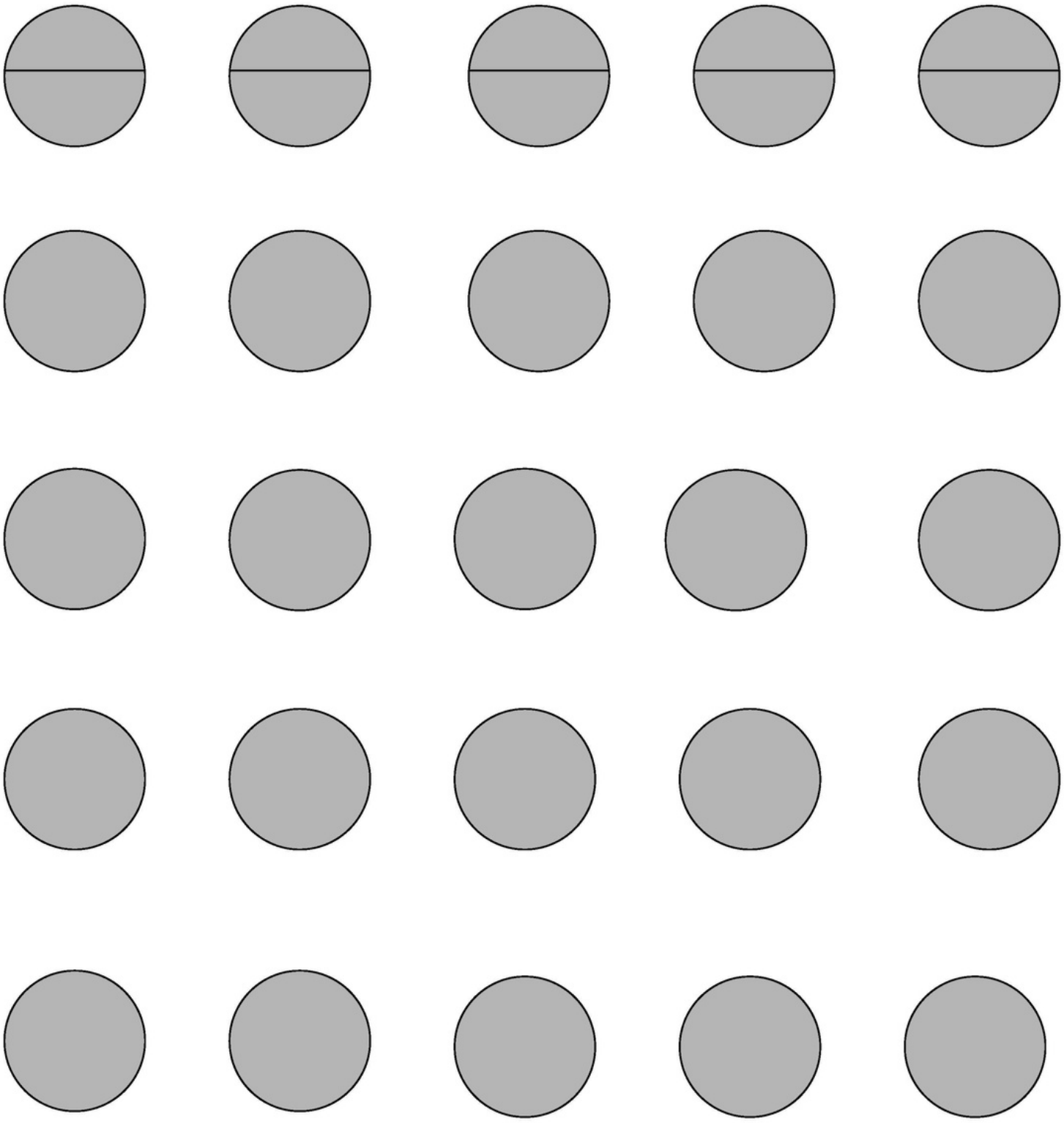
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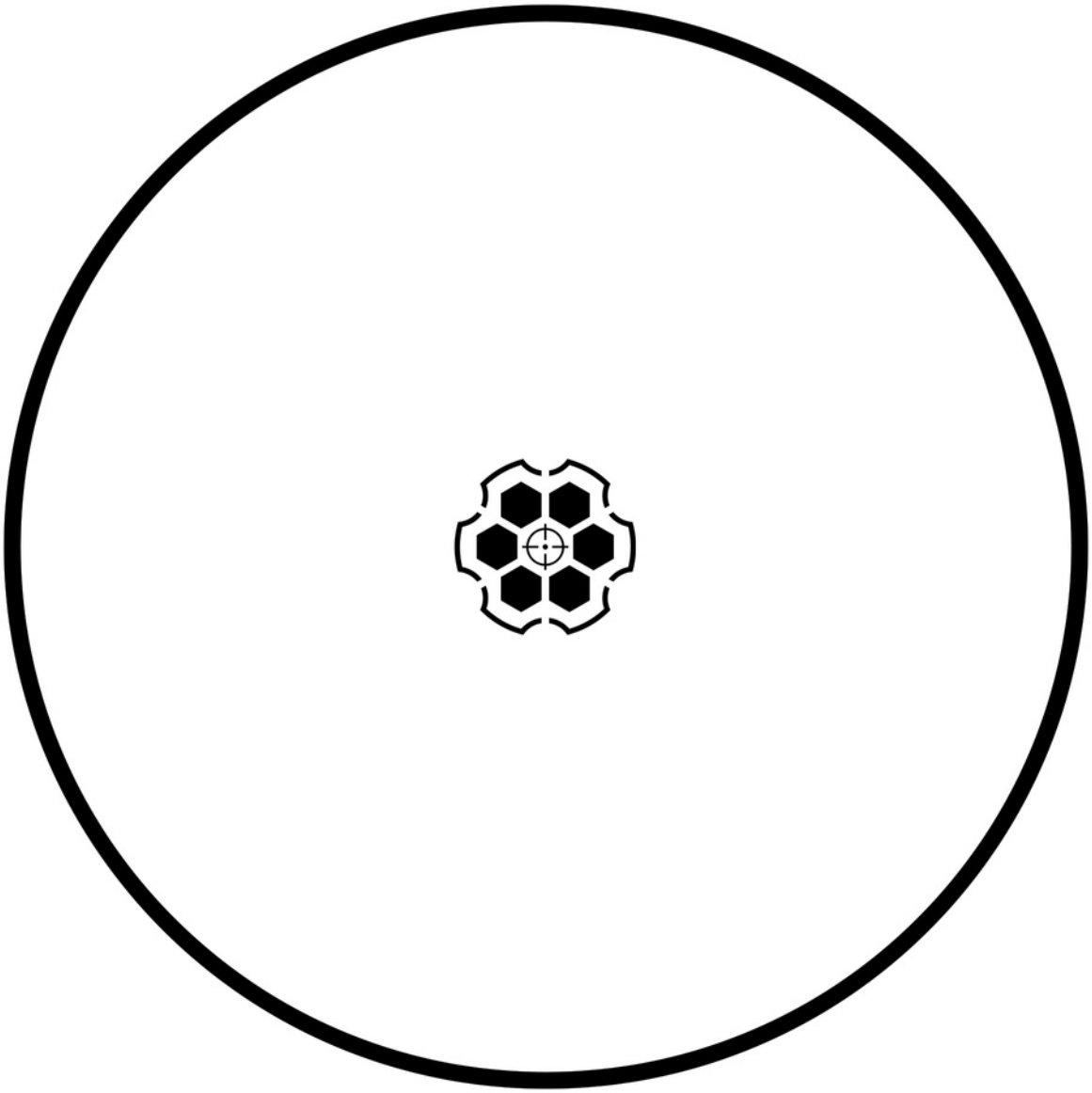

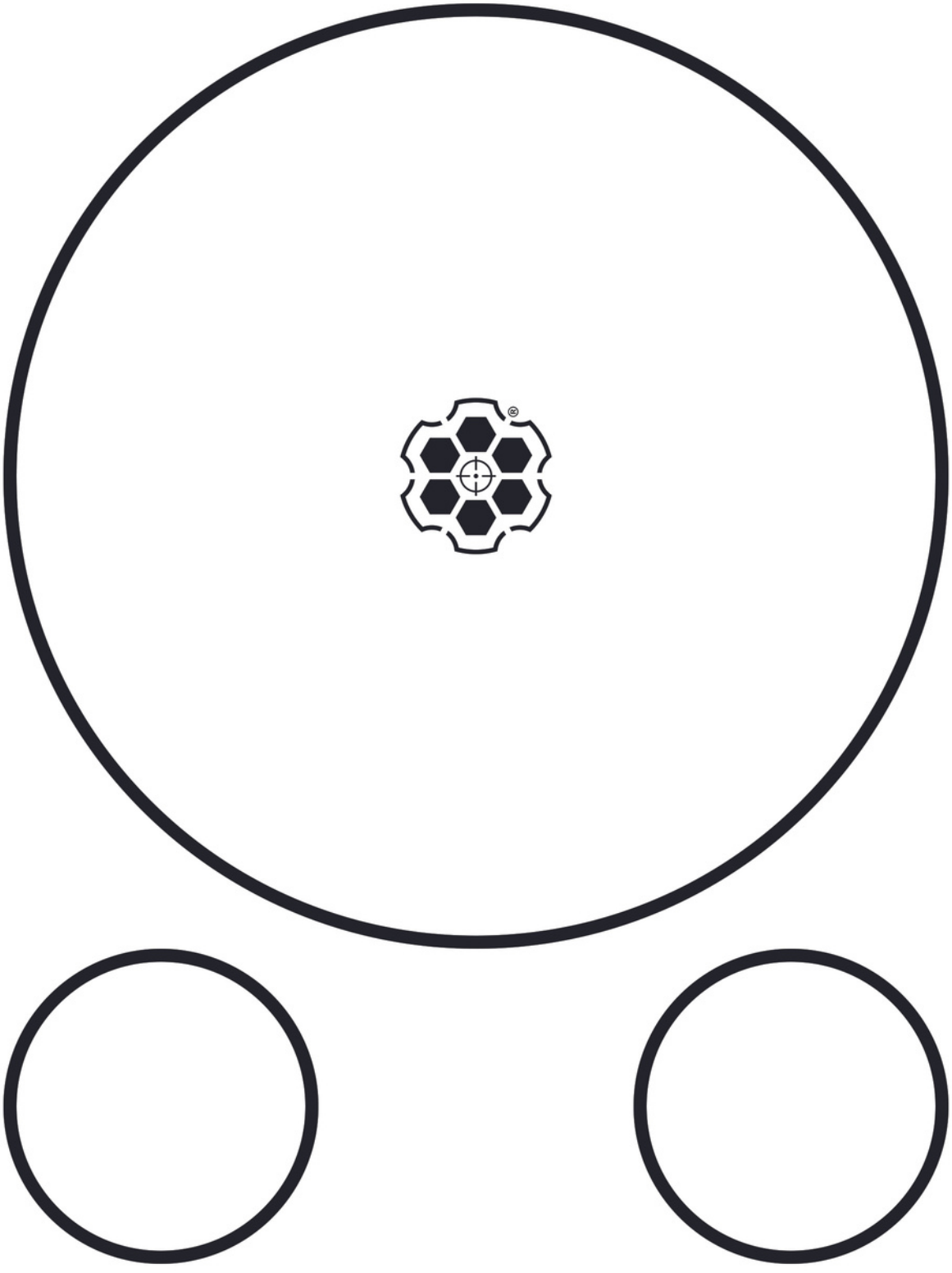

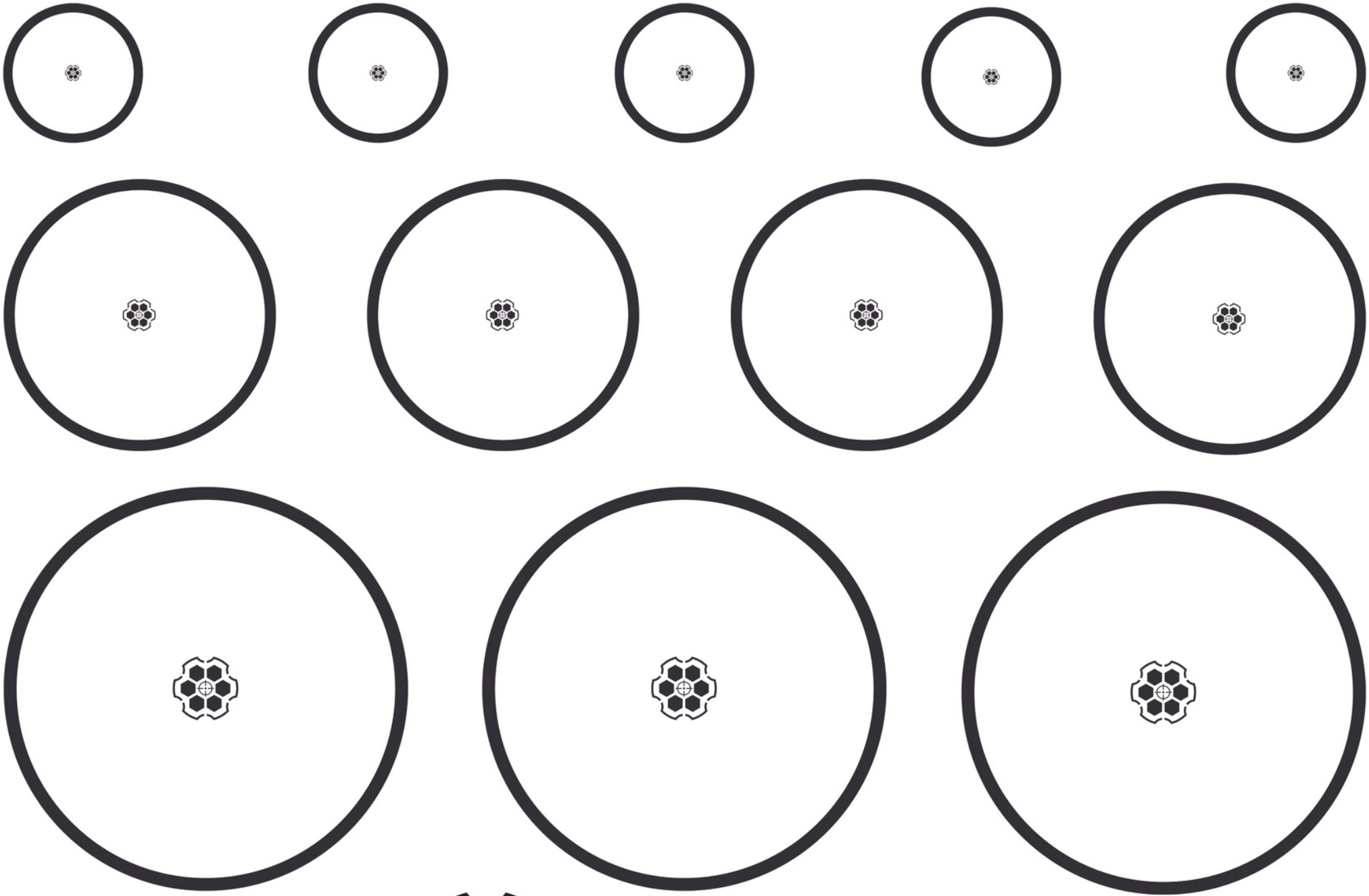

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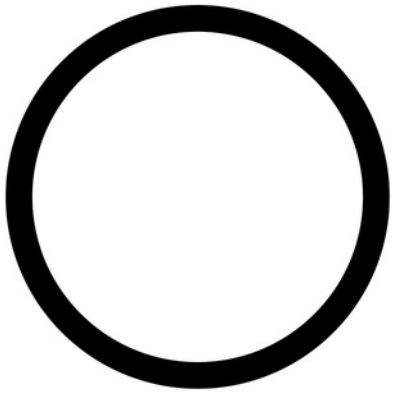
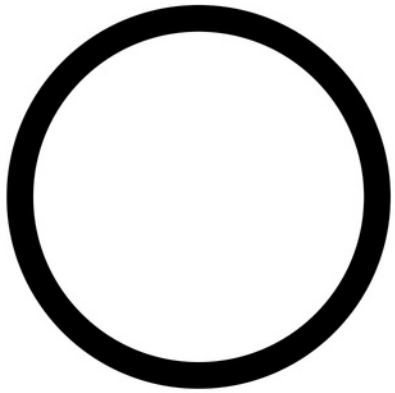
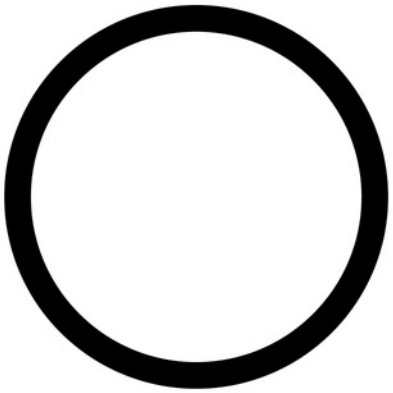

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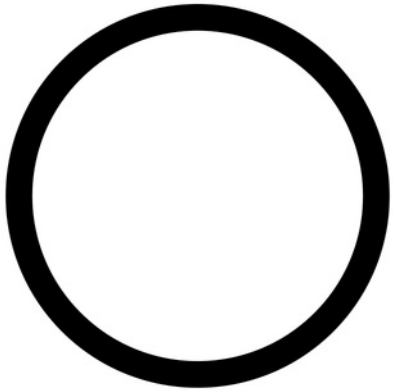
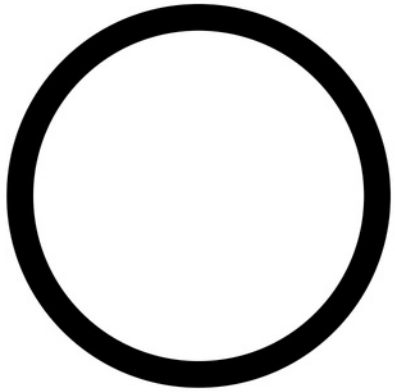
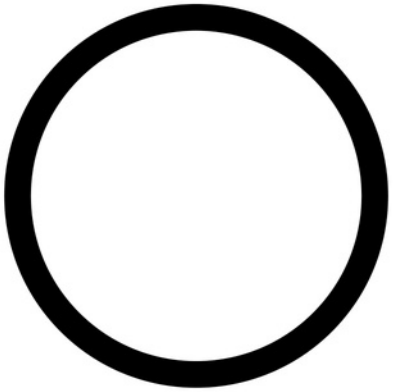




Dot Torture

INSTRUCTIONS: Place target at 3 yards, complete firing squence as discribed.
A "pass" is completing the drill with 100% accuracy. Once you can consistently pass the drill, add a time stress - par time is 5 minutes with 100% accuracy. When you can pass that, start increasing the distance. 5 yards, 7 yards, 10 yards. All within 5 minutes and 100% accuracy.

Date: _____ **Score:** _____ /50

Distance: _____

5 shots slow fire

draw, one shot (x5)

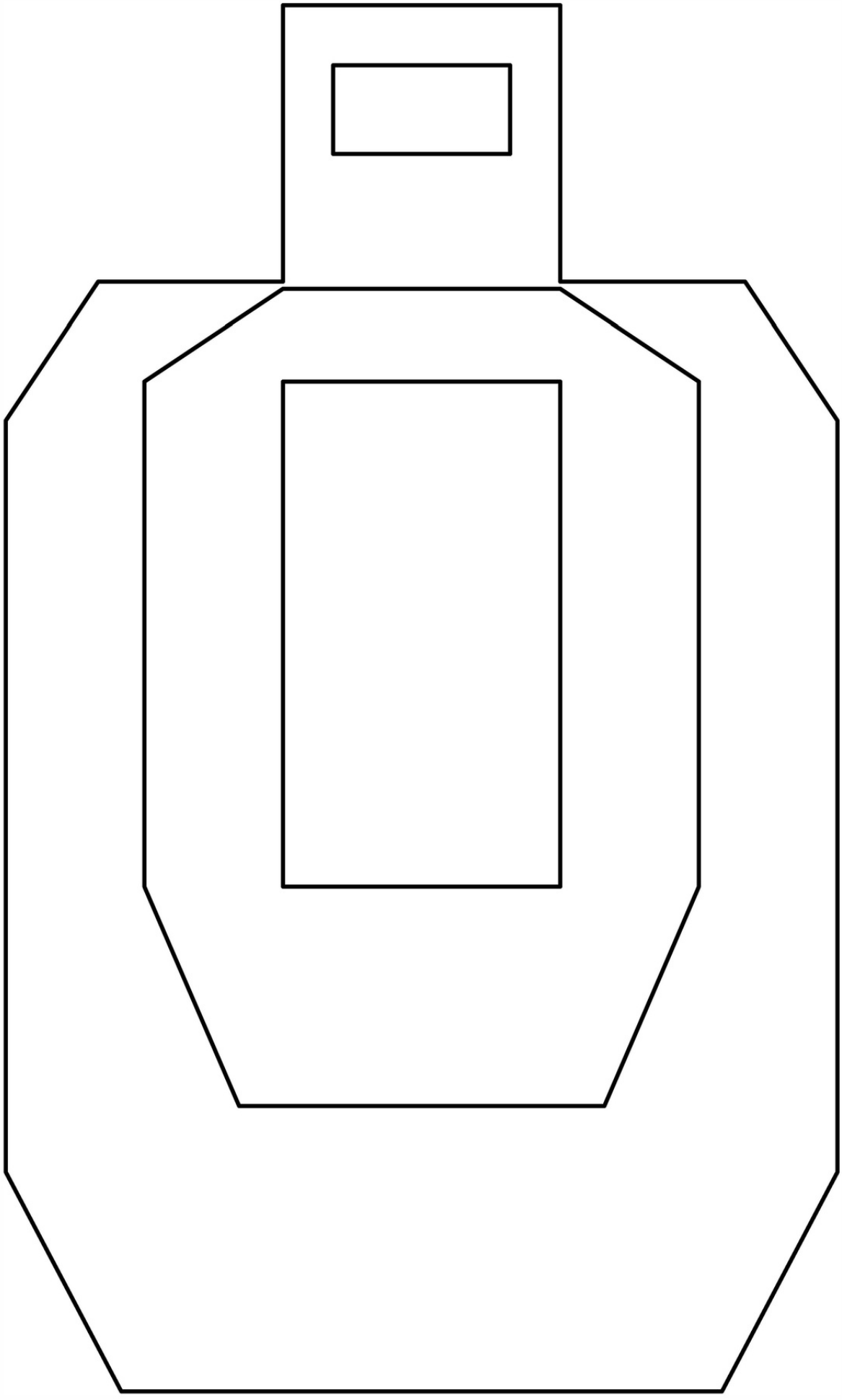
draw, 1 on 3, 1 on 4 (x4)

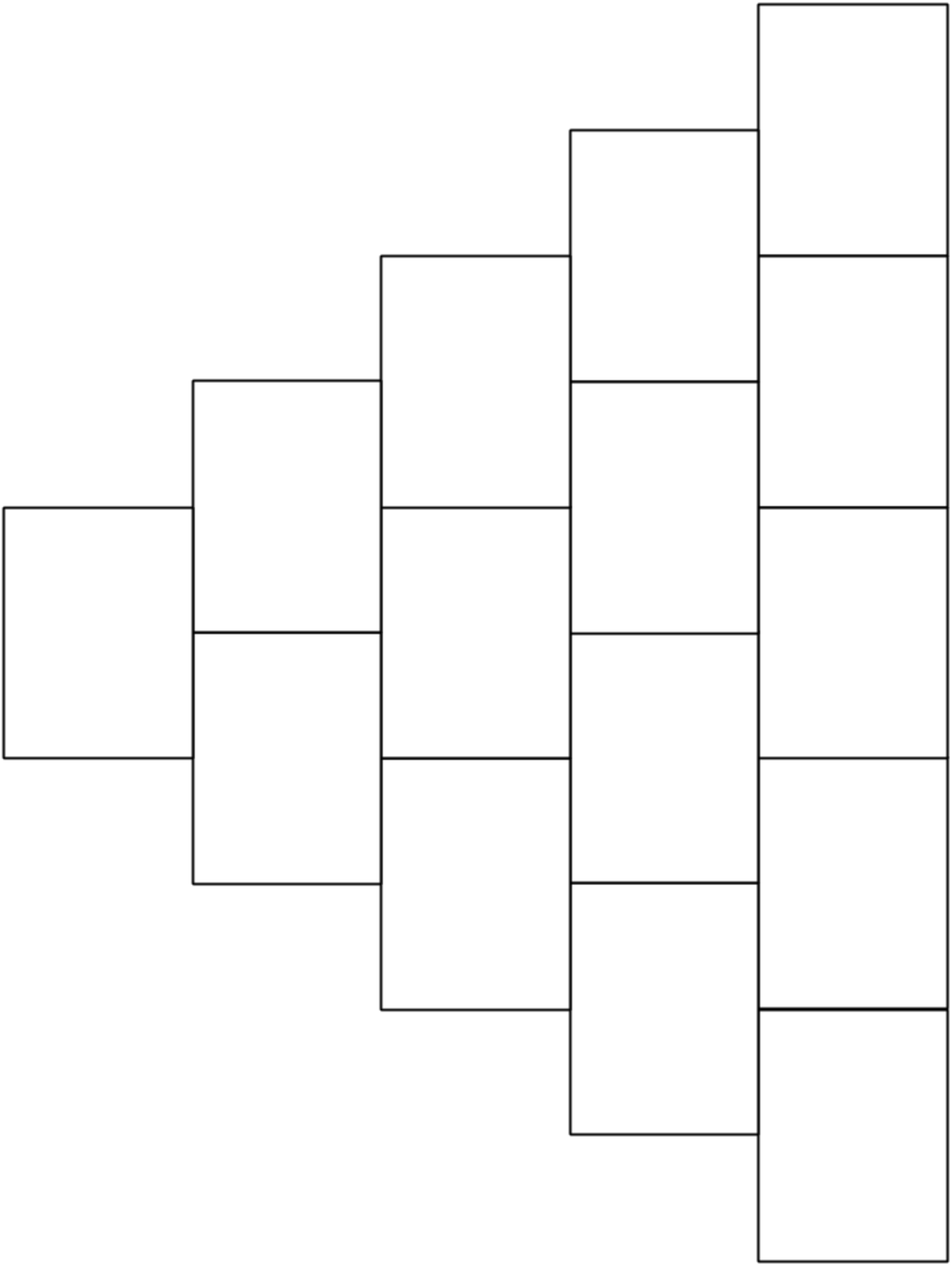
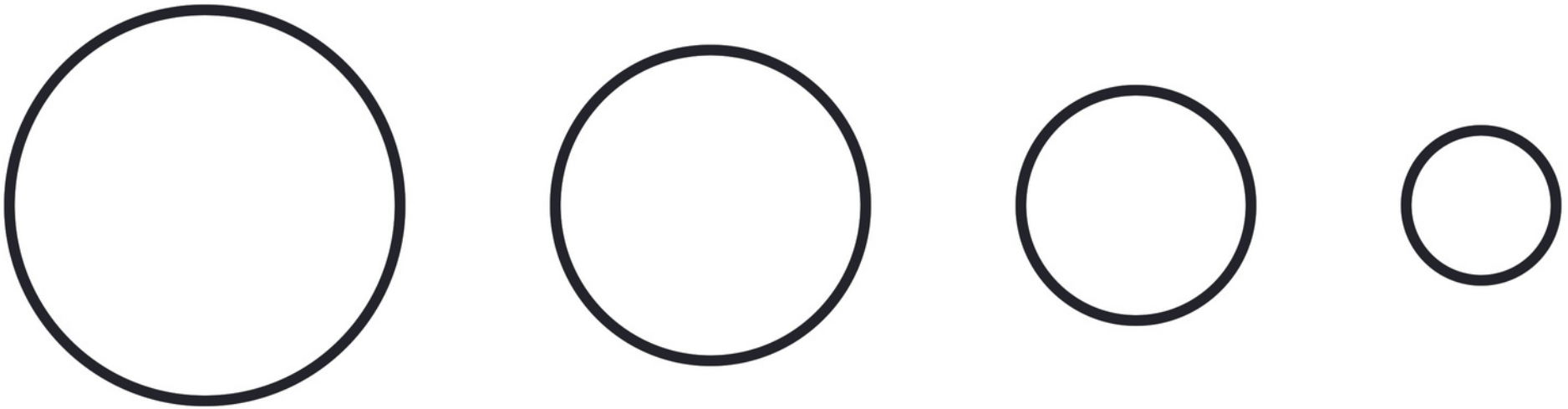
draw, five shots strong hand

draw, 2 on 6, 2 on 7 (x4)

ready, five shots weak hand

draw, 1 on 9, speed reload, 1 on 10 (x3)

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